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### Fat liberation

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University of Montana–Missoula. Office of University Relations, "Fat liberation" (1978). *University of Montana News Releases, 1928, 1956-present*. 29014.  
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## FAT LIBERATION

by  
Tina Hash  
UM Information Services

Millions of Americans each year try every diet in every magazine only to find their pants just keep getting tighter. Helen Watkins, a psychologist at the Center for Student Development on the University of Montana campus, has a better answer for weight-conscious students.

Watkins encourages the students to change not only their diets but also their eating patterns. And she does it with behavior modification. For example, if you allow yourself to eat only at the dinner table instead of in front of the television, you pay closer attention to what you are eating and how fast you are eating.

Also, if you consciously put the fork down after each bite of food, you eat slower.

Watkins, who teaches her "fat liberation" class at the Center for Student Development in the University Lodge, said she teaches groups of people because it is easiest to lose weight with the help of others.

She also uses group hypnosis to help people find certain foods distasteful. Watkins calls sugar and fried foods "the badies."

Watkins, who has been a counselor at the University for about seven years, said her rate of success with the "fat liberation" groups has been about 95 percent. Her patients lose about a pound a week.

She tries to limit the membership of the group to about 10 people, but this quarter she has 13 members. The meetings are on Tuesdays, 3-5 p.m., and Fridays, 3-4 p.m. Watkins will offer her class again Spring Quarter.



Males or females may join her classes but they must be at least 10 pounds overweight.

Interested persons may find out more information by contacting Watkins at the Center for Student Development on the University of Montana campus in Missoula.

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